



## Chocolate-Peanut Butter Bars

READY IN



390 min.

SERVINGS



30

CALORIES



109 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 tsp butter
- 3 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 0.5 cup crunchy peanut butter
- 1.5 cups chocolate-covered graham crackers crushed ( 17 crackers)
- 1 cup powdered sugar
- 2 oz baker's semi-sweet chocolate

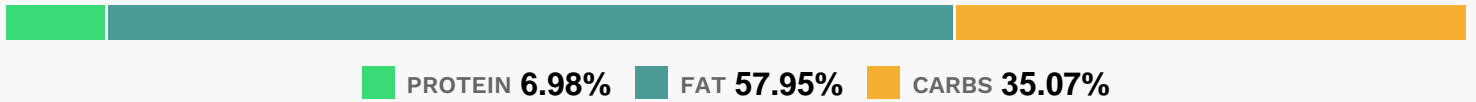
### Equipment

- bowl
- frying pan
- oven
- blender
- microwave

## Directions

- Heat oven to 350F.
- Mix crumbs and melted butter; press onto bottom of 9-inch square pan.
- Bake 10 to 15 min. or until lightly browned. Cool.
- Beat cream cheese, peanut butter and sugar in small bowl with mixer until well blended.
- Spread over crust.
- Microwave chocolate and 1 tsp. butter in small microwaveable bowl on HIGH 1 to 2 min. or until chocolate begins to melt, stirring after 1 min. Stir until chocolate is completely melted.
- Drizzle over cream cheese mixture. Refrigerate at least 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:3.37, Glycemic Load:2.54, Inflammation Score:-2, Nutrition Score:1.9152174021887%

## Nutrients (% of daily need)

Calories: 108.56kcal (5.43%), Fat: 7.18g (11.04%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.12g (3.32%), Sugar: 6.29g (6.99%), Cholesterol: 7.75mg (2.58%), Sodium: 89.24mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Manganese: 0.1mg (5.17%), Vitamin B3: 0.78mg (3.91%), Phosphorus: 36.17mg (3.62%), Magnesium: 13.59mg (3.4%), Vitamin A: 158.16IU (3.16%), Vitamin E: 0.4mg (2.64%), Fiber: 0.65g (2.59%), Copper: 0.05mg (2.57%), Iron: 0.4mg (2.21%), Vitamin B2: 0.04mg (2.07%), Zinc: 0.3mg (1.97%), Potassium: 61.43mg (1.76%), Selenium: 1.19µg (1.69%), Folate: 6.72µg (1.68%), Calcium: 14.5mg (1.45%), Vitamin B6: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.15%)